

## DAY 13—ACTIVE REST AND RECOVERY

EXERCISE	SETS/REPS	COMMENT
Cardio	20 Minutes <input type="checkbox"/>	Steady-state upon waking
Cardio	20 Minutes <input type="checkbox"/>	Steady-state later in the day or in the evening; Make sure to split your 2 cardio sessions.

## DAY 14—ACTIVE REST AND REEVALUATE

EXERCISE	SETS/REPS	COMMENT
Cardio	20 Minutes <input type="checkbox"/>	Steady-state upon waking
Cardio	20 Minutes <input type="checkbox"/>	Steady-state later in the day or in the evening; Make sure to split your 2 cardio sessions

## WEEKLY CHECK-IN

- Weigh yourself upon rising
- Take photos of yourself
- Make sure your journal is up to date

## NOTES

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